

GULFPORT POLICE DEPARTMENT

PHYSICAL FITNESS TEST

Police applicants must pass a physical fitness examination before being allowed to take the written Civil Service examination. The fitness standards for the Gulfport Police Department's applicant physical fitness examination are identical to the State of Mississippi standards for admission to the police academy. The applicant must achieve, based on gender and age, a score of at least 50% of the Agility Run, 1.5 Mile Run, Push-ups, and 60% on the trunk Flexion. The agility run is approximately a 120 foot sprint through a series of cones, and the trunk flexion measures flexibility by bending at the waist from a seated position.

The scores needed to pass the physical fitness test are as follows:

AGE GROUPS ➤		20 – 29		30 – 39		40 – 50+	
	Score	Male	Female	Male	Female	Male	Female
AGILITY RUN (maximum allowed times for each age group measured in seconds)	100%	15:90	17:80	16:40	18:90	17:35	20:55
	70&	18:60	21:10	19:10	22:20	20:05	23:85
	50%	20:40	23:30	20:90	24:40	21:85	26:05

TRUNK FLEXION (minimum required flexion for each age group measured in inches)	100%	25	26	24	25	23	24
	70&	11	12	10	11	9	10
	*60%	3	4	2	3	1	2

1.5 MILE RUN (maximum required times for each age group measured in minutes)	100%	9:00	10:48	10:00	12:00	11:00	13:12
	70&	14:30	17:18	15:30	18:30	16:30	19:42
	50%	18:10	21:38	19:10	22:50	20:10	24:02

***There are NO 50% measurements for the trunk flexion test.**

AGE GROUPS ➤		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52+	
	Score	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
PUSH-UPS (minimum required in a 2-minute time limit)	100%	82	58	80	56	78	54	73	52	72	48	66	45	62	41	56	40
	70%	52	28	50	26	48	24	43	22	42	18	36	17	32	13	26	12
	50%	32	13	30	11	28	10	23	9	22	8	18	7	17	6	12	6